



MARCH 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	1	2	3 To Contact a Breastfeeding Peer Counselor near you: Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant)
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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1	2	3	4	5	6	7
8	9	10	11	12	13	14
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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-822-1000, ext. 5231 or 410-228-5511, ext. 5231
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